



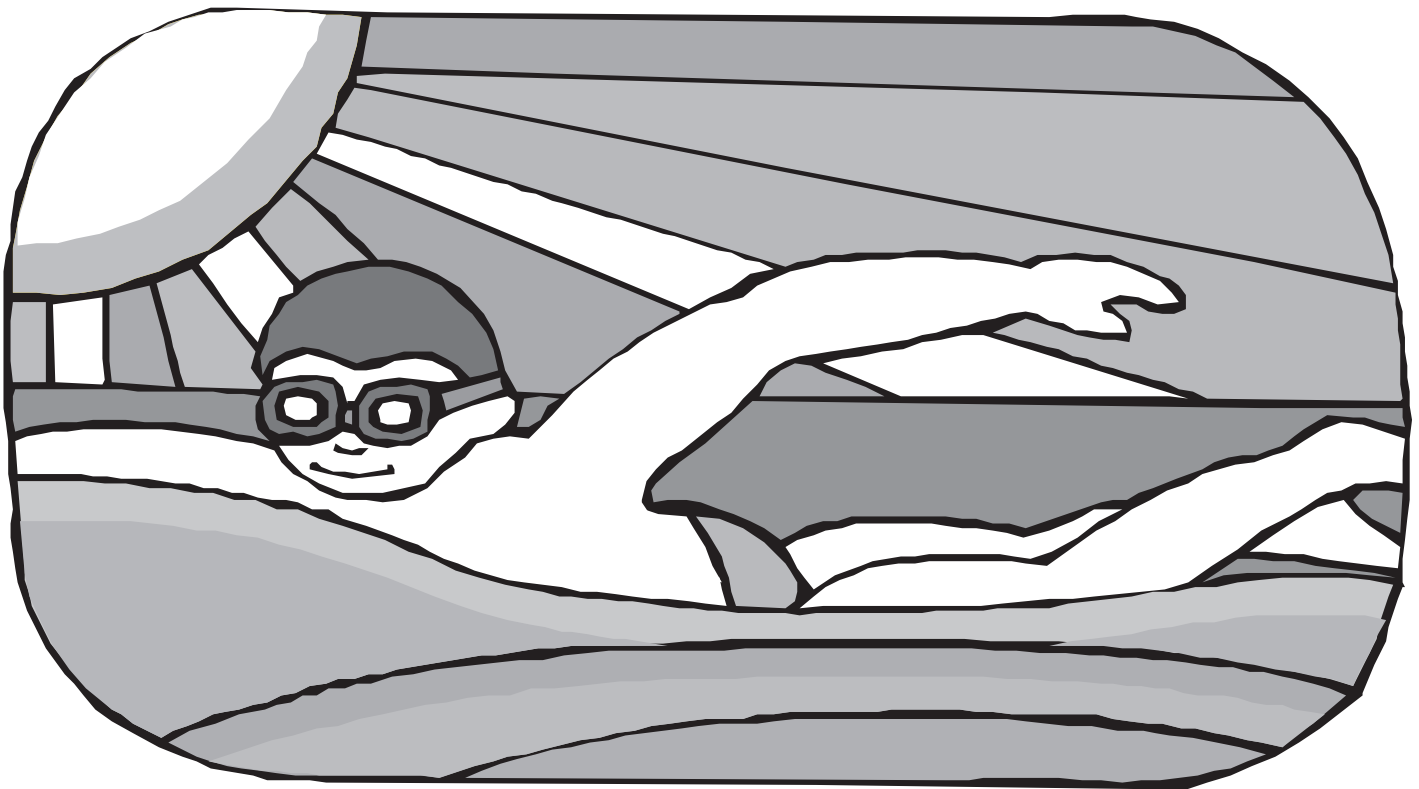
THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"



Bud Kearns Pool

2229 Morley Field Drive • San Diego, CA 92104 • (619) 692-4920 • www.sandiego.gov

Summer 2008 Program



Effective: June 23 – September 1, 2008

*Programs and fees are subject to change without prior notice.
Non-residents must pay twice the resident rate.*

THE CITY OF SAN DIEGO LEARN TO SWIM PROGRAM ☆

The Learn to Swim Program is designed to teach swimming to children through adults in a positive, fun and safe environment. The City of San Diego offers year-round swim lessons, placing the emphasis on logical skill progression, water safety awareness and endurance. Instructors are all certified by the American Red Cross.

Course descriptions and age ranges should be used as suggested guidelines for appropriate student enrollment. Parents should log on to

<http://www.sandiego.gov/park-and-recreation/aquatics> for full description of all classes or contact the Pool Manager. Students may be more accurately assessed on the first day of class for their individual skills and abilities. Students may be transferred to a different class level or be required to repeat a class level. The Pool Manager should be informed of any special needs of the students before the first class session begins.

• **PRIVATE/SEMI-PRIVATE LESSONS** Private or semi-private classes are available for special needs or personal instruction. The instructor will focus on the skills suited for the participant. The Pool Manager can be contacted for more information and the scheduling of private lessons.

• **ADULT LESSONS** (ages 15 and up) Adults are taught individually and as part of a group in a multi-level class of students with varied skills from beginning through advanced.

• **PARENT/TOT** (6 months to 3 years*) With an emphasis on fun and games, our instructors demonstrate swimming techniques that you will use to safely assist your child in adjusting to the water and understanding pool safety rules. This class requires a parent or other responsible adult to participate in the water with the child.

• **TINY TOTS** (3* to 5 years) Prerequisites: The child must be able to understand and obey instructions. Fun songs and games allow Tiny Tots to adjust to the water and be introduced to basic swimming skills. The class is conducted without parent participation.

• **ADVANCED TOTS** (3* to 5 years) Prerequisites: Tiny Tots Swimmers continue to develop basic swimming coordination.

• **SUPER TOTS** (3* to 5 years) Prerequisites: Advanced Tiny Tots Super Tots are introduced to side breathing and learn to swim greater distances on their front and on their back.

*Children age 3 and under are required to wear a tight-fitting "swimsuit diaper" or tight-fitting plastic pants under a swimsuit.

• **BEGINNER I** (ages 6 and up) This class is designed for the older child who has had no formal swimming instruction. Students are introduced to the early and basic skills of swimming, as well as pool safety practices.

• **BEGINNER II** (ages 6 and up) Prerequisites: Successful completion of Super Tots or Beginner I class or the ability to perform the same skills. Students are taught to coordinate multiple skills from an effective crawlstroke with side breathing to swimming across the pool with progressive attention to safety and rescue.

• **BEGINNER III** (ages 6 and up) Prerequisites: Successful completion of the Beginner II class or the ability to perform the same skills. Swimmers in this class will strengthen their endurance and coordination of the crawlstroke, be introduced to the skills of elementary backstroke, learn to dive from the side of the pool and increase their knowledge of safety and rescue.

SWIM LESSON SCHEDULE

Mail-in registration begins May 12, 2008

Walk-in registration begins June 2, 2008

Monday - Thursday

2 weeks; 38 minute classes

Session 1 June 23 - July 3

Session 2 July 7 - July 17

Session 3 July 21 - July 31

Session 4 August 4 - August 14

Session 5 August 18 - August 28

\$53.75 per session

MORNING

10:00 am - 10:38 am	T/T	A/T	Beg 1
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10:45 am - 11:23 am	P/T	S/T	Beg 2
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11:30 am - 12:08 pm	A/T	Beg 1	Beg 3
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12:15 pm - 12:53 pm	T/T	Beg 2	Adult
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EVENING

3:40 pm - 4:18 pm	T/T	A/T	Beg 1
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4:25 pm - 5:03 pm	S/T	Beg 2	Beg 3
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5:10 pm - 5:48 pm	T/T	A/T	Beg 1
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5:55 pm - 6:33 pm	Beg 2	Adult	
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Saturdays

Seven; 42 minute classes

Session A June 28 - August 19

Session B August 16 - September 27

10:00 am - 10:42 am	P/T	Beg 2
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10:50 am - 11:32 am	T/T	Beg 1
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11:40 am - 12:23 pm	Beg 3	Adult
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CSDS☆ City of San Diego Swim League

City of San Diego Swimming (CSDS) is a multi-cultural recreational swim organization for youth ages 5 – 17 years old, which offers a quality, safe and affordable program that is committed to developing well-balanced athletes who compete at the local level. The goal of CSDS is to encourage personal challenges through competition and organized practices; and to promote spirit by supporting each other, working together and **HAVING FUN!** Prerequisite for joining CSDS is successful completion of Competitive Skills I course or Pool Manager's approval.

Monday - Friday 5 - 17 years old
WHITE LEVEL 5:00 pm - 6:00 pm

June \$9.90

July \$34.10

August \$29.70

SILVER LEVEL 5:00 pm - 6:30 pm

June \$13.20

July \$46.20

August \$41.25



YOUTH WATER POLO☆

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday, Wednesday, Thursday

PEE WEE POLO

6 - 9 years old 4:15 pm - 5:00 pm

June \$3.10

July \$16.50

August \$13.20

YOUTH/OLDERS

10 - 17 years old 4:00 pm - 5:00 pm

June \$6.40

July \$19.80

August \$17.60



☆ A limited number of scholarships and fee waivers (based on financial need) are available. Please contact the Pool Manager for more information.

- All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

WATER FITNESS

ABC Aquatic Body Conditioning (Shallow Water)

This is a total body conditioning class. This multi-level, low impact, cardio-respiratory workout is held primarily in shallow water. Flexibility, muscular strength and endurance are emphasized. Participants need not know how to swim.

Tuesday & Thursday 9:00 am - 10:00 am

Saturday 10:00 am - 11:00 am

DEEP H2O WORKOUT

This challenging workout is conducted in deep water. Buoyant and resistive water exercise equipment is provided. Class includes warm-up, cardio-respiratory workout, strengthening and abdominal work, followed by a cool-down period. Deep water exercise is non-impact and provides resistance to all major muscle groups. (Participants must feel comfortable in deep water.)

Monday & Wednesday 5:15 pm - 6:15 pm

Adult Daily Admission \$9.50

Adult Pass (4 classes) \$36.00

Senior Admit \$2.50

Senior Pass (4 classes) \$10.00



AQUA-FEST
Saturday, July 19, 2008
12:00 pm - 4:00 pm

*Water Volleyball * Penny Dive * Dance Contests
* Cake Walk * Face Painting * Water polo
* Kayak Rides * Food * Fun * Prizes

DIVE-IN MOVIE
Saturday, August 9, 2008

8:00 pm - 10:00 pm (or once dark)

Adults: \$5.00 Children: \$1.50

Movie rated G or PG.

Perfect for the whole family! Bring your raft and your best friend and enjoy watching a family movie under the stars. Snack Bar available with you favorite treats! Children under 7 must be accompanied by a supervising adult.

- The City of San Diego Swimming Pools may close without notice during inclement weather conditions

GENERAL INFORMATION

LAP SWIM

Monday – Thursday	10:00 am - 3:30 pm 6:30 pm - 8:00 pm
Friday	1:00 pm - 8:00 pm
Saturday	10:00 am - 4:00 pm
Sunday	12:00 pm - 4:00 pm
July 4 & September 1, 2008	12:00 pm - 4:00 pm

RECREATIONAL SWIM

Monday-Friday	1:00 pm - 3:30 pm 6:30 pm - 8:00 pm
Saturday/Sunday	12:00 pm - 4:00 pm
July 4 & September 1, 2008	12:00 pm - 4:00 pm

Specific lanes/areas will be designated for Lap/Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

FACILITY ADMISSION FEES

Adults (16 years & older)	\$5.00/admission
Child/Disabled/Senior (62 & older)	\$1.50/admission

All persons entering the facility during Recreation and Lap Swim times **MUST** pay the admission fee.

- Discount passes are available for purchase and can be used at all City pools (passes expire one year from the date of issue).
- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

REFUND POLICY

Extra care should be given to the selection of classes. There are **NO REFUNDS**. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

SAFETY CHECKS

There may be ten minute safety checks conducted every half hour or every hour during Recreational Swim hours.

RENTALS

All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

EMERGENCY TESTING

All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.